"I have been taking a NIA class for over a year and love it; it's a combination of dance and movements from karate and tai chi."

Chris Clothier GIS Coordinator Utilities

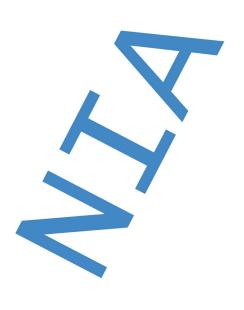




Photo credit: Herald Times In Stride



"NIA is great fun, gets my heart pumping and feels more like dance than a workout." -- Christine

**be active tip:** NIA is holistic fitness, using your own body's way to move and exercise; it is a healing movement practice that can be adapted to many different physical conditions.